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HALIFAX • MONDAY, MARCH 23, 2009

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Celebrity Buzz



Economy forces Keira to rent
 pg 18

Say it ain't snow

WEATHER An early spring storm is expected to start in Halifax before noon today, with upwards of 25 centimetres of snow possible by tomorrow morning. A snowfall warning was issued yesterday by Environment Canada, with possible higher amounts of snow locally.

METRO HALIFAX

Earth Hour

Earth Hour is Saturday, March 28 at 8:30 p.m. local time. Do your part to fight global warming by switching off your lights for an hour. Pick up Metro every day for environmentally friendly coverage all week.

Going Green

It's more than turning off the lights, Canada aims to outdo itself this year, pg 7

Tomorrow How to be sure a beauty product is living up to its claims.



Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Canada

Part one of a two-part series on how some businesses are beating the recession, pg 4

Tomorrow Canada - The recession isn't doom and gloom for everyone: Part two of our series on businesses successfully coping with the downturn.



Basketball Playoff dreams dashed



Halifax Rainmen guard Tony Bennett drives to the hoop past Manchester Millrats shooting guard Alex Owumi during the first half of yesterday afternoon's PBL game at the Metro Centre. Bennett led Halifax with 21 points, but it wasn't enough as the Rainmen fell 118-105. The Rainmen are now officially eliminated from the playoff race. Coverage, pg 12.

Ending racism

Progress being made, but more work needed: Officer

JENNIFER TAPLIN
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Police reconfirmed their commitment to end racism in front of a Baptist congregation yesterday.

It's a service held every year to mark the International Day for the Elimination of Racial Discrimination on March 21. Deputy Chief of Police Chris McNeil read the proclamation to the congregation at Cornwallis Street Baptist Church.

Const. Dean Simmonds, the HRP's equity diversity officer, said they are getting better, but there is work to be done.

"Halifax Regional Police understand when dealing with a subject like racism, it's important not to only recognize that racism exists, but we must also deal with this issue when it occurs," he said.

Last summer, the HRP dealt with a racism complaint after an incident in Digby.

It was alleged a racist taunt sparked a brawl in June between several off-duty officers and two young black men. Const. Adam Stewart Whynott of the HRP and William Edward Drummond were charged with causing a public disturbance by fighting. Both pleaded not guilty in court.

RCMP conducted an investigation and said they couldn't find evidence a racist statement was made.

Simmonds said the HRP has a number of community programs in place, including officer training, geared toward ending racism.

"By working on projects together, we get to know each other and continue to understand and appreciate one another's differences," he said.

"I believe we have to go above and beyond our regular duties to fight racism. We have to get involved, not only through our work environment, but our personal life as well."

MORE COVERAGE, PG 2



Const. Simmonds

Teen arrested and charged with attempted murder

A 17-year-old male has been charged with the attempted murder of Michael Patriquen Jr., who was shot last November at a house in Lower Sackville.

The 17-year-old, who can't be identified, is the second person charged

with attempted murder in the case.

In the early morning of Nov. 11, 2008, Patriquen Jr., 25, was found suffering from a single gunshot wound at 93 Orchard Dr. A short distance from the scene, Sergio Davidson

Bowers of Lower Sackville, now 20, was arrested and charged with attempted murder and robbery.

Bowers was arrested after attempting to flee the scene in a vehicle, which he jumped out of. Police say the 17-year-old charged also

fled the scene in a vehicle, a chase the RCMP pursued until it was deemed too dangerous to continue.

The RCMP continued their investigation and have now charged the 17-year-old, who was arrested Saturday while already detained

at the Waterville youth facility. He faces seven charges, including robbery, wearing a disguise and flight from police. He will be arraigned today in Nova Scotia Provincial Youth Court.

PHILIP CROUCHER/METRO HALIFAX

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Nova Scotia Nature Trust has announced that United Nations senior adviser on water issues Maude Barlow is coming to Halifax on Oct. 15 to speak at its annual dinner. As well, the trust is partnering with Aveda for a month-long campaign to raise funds and awareness about clean water and conservation. **METRO HALIFAX**

Local



Konvict coming to Metro Centre

Akon, left, is coming to Halifax this spring, but not for a concert. The hip-hop recording star is also the CEO of Konvict Ringside, which is scheduled to hold a boxing card at the Halifax Metro Centre on May 2. A release by Konvict Ringside states Akon will be in attendance for the card and will help promote the event.

METRO HALIFAX

Shining light on racism

JON TATTRIE
for Metro Halifax

Education is the key to combating racism, said a participant at Talk About Race Saturday.

Racism "starts in the school system and it ends in prison," said KC Brooks. The East Preston native was one of about 50 people at an International Day for the Elimination of Racial Discrimination event hosted by The Hub in Halifax. The event was one of several taking place throughout the HRM to recognize the day.

Brooks lived in Toronto and Montreal before returning home.

"That was when I saw the racism that plagues Halifax," he said.

Many of his friends became involved in crime after getting "shunned" out of the education system.

"They felt higher learning wasn't for them; or better yet, they weren't for higher learning."

Marshall Williams, also from East Preston, said he only realized the role racism plays in Nova Scotia after he graduated from university and began re-



Sera Thompson, left, talks with KC Brooks, Marshall Williams and Sobaz Benjamin at Talk About Race on Saturday at The Hub in Halifax. The event was held as part of the International Day for the Elimination of Racial Discrimination.

assessing run-ins he had as a boy. "When you look back on it, you go, 'wait a minute: What was that about?'" he said. "Everybody who's not in a marginalized group is not racist, but a lot of times they may not understand the need for change because they can't see it until someone tells them it's there."

Filmmaker Sobaz Ben-

jamin grew up in the U.K., then lived in Grenada, Toronto and Nova Scotia. "Race travels," the father of two said.

He internalized racism, at one point using skin-bleaching creams. Coming to Canada, he found a society that said it celebrates multiculturalism, but "for most people, that's not their lived reality. It's a worthwhile ideal that we

can aspire to, but we're definitely not there."

"For a long time, I want to do something about racism in Nova Scotia but I didn't know what," said Sera Thompson, one of the event organizers.

"I often felt it wasn't my place. Something shifted for me; I took a little bold step and invited people together to have a conversation."

HRM by Design plans under fire

JENNIFER TAPLIN
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HERITAGE The Heritage Trust wants to scrap HRM by Design altogether and replace it with their own plan: A Better Design.

Phil Pacey, president of the Trust, said HRM by Design would have a serious

negative impact on about 100 of 126 downtown heritage buildings.

"HRM by Design would eliminate many of the excellent policies that have protected heritage buildings in downtown Halifax," he said in a statement Friday.

The HRM's plan would provide financial incentives to rip down properties and build taller structures under new height limits, he said.

HRM by Design was recently given the nod by the Heritage Advisory Committee and will be shipped off to council for first reading

next month.

"It is further confirmation that the plan accurately reflects the vision of a vibrant, liveable and sustainable downtown as expressed by thousands of citizens and key stakeholder groups over the past two years," said Andy Fillmore, HRM by Design project manager, over a week ago.

"HRM by Design would eliminate many of the excellent policies that have protected heritage buildings in downtown Halifax."

Phil Pacey, president
Heritage Trust

The Heritage Trust wants to increase height restrictions on the more than one million square feet of vacant land and parking lots in the downtown.

It would also give developers an accel-

erated agreement process on that land. But it wants to get even tougher, and provide permanent protection for heritage properties. The Trust wants to set the height of the heritage buildings as the maximum heights allowed and provide grants and tax credits to help owners fix them.

Police seek public's help after possible abduction attempt

SEARCH Police are looking for help tracking down three men who tried to get two boys into their car.

Police said three males in a vehicle around Normandy Drive and Highland Avenue in Halifax approached two boys, both 11, just after 9 p.m. Friday.

The boys were walking in the area of St. Stephen School when they noticed a vehicle they believed was following them. Police said a male in the back seat asked the boys to get into

the car. The boys refused and walked away.

The vehicle is described as a silver- or beige-coloured car. The boys were unable to give further description.

The male in the back seat is described as white, 25 to 30 years old with short hair. There is no description of the other occupants.

The area was checked and the vehicle could not be located. Anyone with information is asked to call Halifax Regional Police at 490-5016.

METRO HALIFAX

Two teens arrested for robbery

SEARCH Police say a knife was put to a man's throat during a Dartmouth robbery early Saturday morning.

A male told police he was walking in the area of Victoria Road and Queen Street in Dartmouth at about 2:40 a.m. Two males

that had been walking behind him put a knife to his throat and demanded he empty his pockets. A short search turned up two suspects.

Two 14-year-olds face robbery charges and will be held for a bail hearing.

METRO HALIFAX

Face in the crowd Halifax Rainmen



If that's you on the left of the photo cheering on the home squad at yesterday's Rainmen game, you're our Face in the Crowd winner! Drop by the Metro office at 3260 Barrington St. to pick up your prize: a Rainmen Flex Pack.

News in brief

ROBBERY Two men have been charged with robbery and firearm offences after a Needs Convenience store on Queen Street in Halifax was held up

early yesterday morning. The men indicated they were armed and took a sum of cash and cigarettes. Both will appear in court at a later date.

CRASH A 26-year-old man will appear in court to answer to charges of impaired driving, leaving the scene of an accident, breach of conditions

and driving while revoked, after a collision in which the driver of a second vehicle received minor injuries.

METRO HALIFAX

metronews.ca

What's online today.

Blogs The It's Called Football show welcomes Bob Lenarduzzi to discuss the Vancouver Whitecaps' MLS future.

Immigration Guidy Mann details the hazards of overstaying a Canadian visa at metronews.ca/immigration



Lotteries

Friday, March 20

Lotto Super 7: 10, 23, 28, 29, 31, 32 & 46. Bonus 3.

Saturday, March 21

Lotto 6/49: 14, 19, 34, 37, 39 & 42. Bonus 47.

These results are not official.

Phone fundraising calls are scams, IWK warns

The IWK Foundation is warning people about fraudulent fundraising after receiving reports that three people were contacted by phone to donate to the IWK, or their local children's hospital. An IWK release said these calls are not affiliated with the IWK as they don't engage in telephone solicitation. **METRO HALIFAX**

Halifax's historical sites given \$10.7M

PHILIP CROUCHER
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Stewardship

- Environment Minister Jim Prentice also announced Friday that more than \$500,000 would be put toward Canada's Habitat Stewardship Program,
- Money will be given to Nova Scotia Nature Trust; the Halifax-based Canadian Sea Turtle Network; and Acadia University, for its various initiatives to protect the Banding's turtle and eastern ribbon snake.

Money is being poured into Halifax Citadel, Georges Island and Fort McNab as part of a \$30-million infrastructure improvement project to national historic sites across Nova Scotia.

Jim Prentice, minister of the Environment and minister responsible for Parks Canada, made the announcement Friday in Halifax.



Jim Prentice

Overall, \$4 million will go to the Halifax Citadel site, with \$3.5 million for the stabilization of about 370 metres of the counter-scarp wall and associated musketry gallery. The other \$500,000 is marked for the roof recapitalization on the southern magazine.

At Georges Island, \$3.5 million is going towards the construction of wharf facilities and to support the development of the island becoming an operational site, open to the public.

As for Fort McNab, \$2 million is going towards the stabilization of selected historic assets that will

lead to safe, unguided public access. In addition, another \$1.2 million is for the remediation of the former Department of National Defence petroleum handling and storage area. The money, part of Canada's Economic Action Plan released during the federal budget in February, also includes \$14 million for repaving and widening of the Cabot Trail.

"(Parks Canada) has gone through their requirements in Atlantic Canada, specifically in Nova Scotia and we have addressed the priority items," Prentice told reporters after making the announcement.

"They are items at the top of list in terms of Parks Canada and the restoration of some of the facilities.

"This addresses the most pressing needs."

Book tackles bullying of kids with disabilities

JON TATTRIE
for Metro Halifax

Amber Doucette knows the suffering that bullied people with disabilities experience so well she wrote the book on it. Well, illustrated it, anyway.

"I'm kind of an amateur artist — I sell art online, but I've never actually done such a big project. I was really excited," Doucette said Friday at the launch of *The Fountain of Harmony*, a children's book she created with Kelsey McCormick, Adam Jones, Trevor Murphy and Briona Campbell.

The book grew out of a project headed by reachAbility, a Halifax charity for people with all kinds of disabilities.

"When we chose the project, at first I don't think we thought it was really realistic. But then when we wrote the story, we saw how it could come together and it inspired me to meet the deadlines so we could get it done," she said.

"I'm hoping it will show some kids that it's not right to treat people differently just because they're not exactly how you are. Everyone's different; it doesn't matter."



Amber Doucette flips through *The Fountain of Harmony*, a children's book she illustrated about bullying people with disabilities.

Project co-ordinator Emily Anderson said the book is available free for teachers and other education professionals who want a first-hand teaching tool about discrimination and bullying.

"The four co-writers are all living with disabilities and have been victims of bullying and the stigma in

society," Anderson explained, noting they started the book in November.

"We always hoped to get to this stage. There have been some struggles working as a group, but we're definitely excited."

The message of *Fountain of Harmony* is broad, she said: "The book is about acceptance — learning to ac-

Get your own

- To get a copy of *Fountain of Harmony*, contact Emily Anderson at youth@reachability.org, or call 429-5878.

cept yourself and also others in society, whether they have a disability or not."

On April 1, 2009 Nova Scotia's minimum wage rates will increase.

The minimum wage will go up
from \$8.10 to \$8.60 per hour.

The minimum wage for
inexperienced workers will rise
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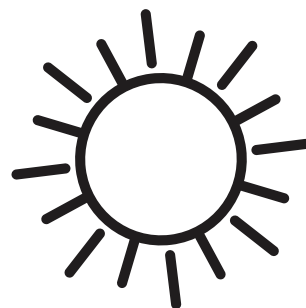
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Canada/World

Video stores thrive

Vendors of at-home pursuits earning despite downturn

Riding the Recession

Uncertain economic times have had a negative impact on just about everyone — except those who benefit from you staying at home.

Rogers Plus video stores haven't missed a beat with a declining economy.

"Despite the recession, business has been steady in comparison to the last year," said Harold Simons, manager of communications at Rogers Plus.

"We really have not been impacted yet because movies and video games are a great way to entertain yourself at home."

That success even translates to alternative video

"You're always going to need sex."

Lindsay Allain, adult video store manager

stores, such as Excitement video in Halifax. The adult film store has also seen an up-tick in sales and rentals since the economy slid late last year.

"Sex just doesn't go away in a recession," said store manager Lindsay Allain. "You don't necessarily need a car. You can do away with that. But you're always going to need sex."

Those looking to brush up on culinary skills at home are helping prop up the bottom line of national grocery chains.

"Things are fairly stable in our business," said

Michael Lupien of Sobeys.

"We're not laying people off. We are seeing an increase in sales in a lot of our prepared meals. People want value for their dollar, which means that they are cooking at home."

And what's unfortunate to some is a boon for others, as pawn shops are also seeing more people come in to sell high-end goods for a quick cash injection.

"We've seen about double the number of items come in due to the recession," said Mandy Motyer, a senior supervisor at Cash Canada Pawn Shop in Calgary.

"A lot of people are coming in and telling us that they just lost their job and are looking to make some money somehow."

JENNIFER HILLIKER/
FOR METRO CANADA

Millbrook A family's farewell



Actor Liam Neeson, centre, with family, left to right, son Micheal Neeson, an unidentified person, sister Joely Richardson, an unidentified person, and niece Daisy Bevan arrive for the funeral of actress Natasha Richardson yesterday in Millbrook, N.Y. Richardson died at Lenox Hill Hospital on March 18 in New York City after suffering a ski injury at the Mont Tremblant resort in Montreal.

News in brief

POLITICS Canadians are losing their jobs at the rate of one every 30 seconds but Prime Minister Stephen Harper is incapable of feeling their pain, NDP Leader Jack Layton said yesterday. After speaking to the NDP federal council, Layton

said that while hundreds lose their jobs daily, Harper would rather talk about how the country is doing relatively well.

PROTEST The Sri Lankan government plans a protest to Ottawa for allowing demonstra-

tions reputedly supporting Tamil Tigers such as the one in downtown Toronto a week ago. "To glorify a terrorist organization is totally misplaced," said Sri Lankan Human Rights Minister Mahinda Samarasinghe. **TORSTAR NEWS SERVICE**

Man kills three officers in California shootout

SHOOTING A man in Oakland, Calif., killed three police officers and wounded two others Saturday in two separate shootings that began with a traffic stop and ended with a gun battle, police said.

Lovelle Mixon, 26, was pulled over during a traffic stop in the early afternoon. Mixon, who was wanted for violating parole on a charge of assault with a deadly weapon, opened fire on two officers, one of whom later

died, and fled. Officers found the suspect later in an apartment. When a Special Weapons and Tactics team forced their way in, he opened fire with an assault rifle. Mixon was killed in ensuing gunfire. **REUTERS**

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Obama facing more resistance

POLITICS A public furor over bonuses paid by firms bailed out with U.S. taxpayer money is fuelling resistance to President Barack Obama's ambitious plans to extend government intervention in the U.S. private sector.

Republican opponents say his commitment of huge sums to try to revive the ailing economy is driven by a belief in greater government intrusion in many areas, from health-care to education, dubbing it socialism. **REUTERS**

News in brief

DEATHS Four people died in a stampede at a discotheque in a small Russian town when word spread that it was offering free entry on Saturday night, the local police spokesman said yesterday. Three 16-year-old schoolgirls and a 30-year-old man died in the crush, spokesman Valery Goretykh said. **REUTERS**

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Comment & Views

Comment

Now entering the blogosphere

HineSight

Anne Hines

metronews.ca/hinesight



This morning I'm reflecting on what makes a life interesting.

There's a reason for this. Recently, Dianne Rinehart, my editor-in-chief at

Metro, asked if I'd write a blog to go with my column.

Now when an editor-in-chief asks, "Would you like to ...?" I snap to and say, "How high?" Usually leading them to ask, "What do you mean? What's that got to do with filing your column on time?" And then I say, "Um ... it's like you asked me to jump and I ...". And they say, "I knew hiring a humour writer was trouble. I wonder if that woman who writes about telling your fortune by reading bird droppings is

still available." Something like that.

Anyway, this week I begin to blog. I'm willing to blog. I'm wanting to blog. I'm waiting to blog. The only thing keeping me from blogging is having no idea what the heck to blog about.

Not being a huge blog reader myself, I asked blog-savvy friends what one blogs about. Apparently, blogging is a chance to share all those ordinary everyday thoughts and experiences that no one will sit and listen to us talk

about, but are happy to spend hours reading online.

One friend suggested, "Anything can be interesting. What did you do this morning?"

Me: I spent 45 minutes trying to unglue teeth whitening strips from the paper backing, ending up having to pull 50 half unstuck strips out of my bangs. Is that a blog?

Her: That's a Twitter. You have to work up to that.

Another friend said, "Blog about how you're different.

That's what's interesting."

Well, I'm a divorced, remarried lesbian living in a straight neighbourhood. One of my daughters is transsexual. I'm training to become a minister in a faith that traditionally would like to see my sort tarred and feathered. I work at an inner city parish where "success" means you're still alive. And at a mental health institute, where I have to be armed with a personal safety device in order to visit my clients. But frankly, in my world,

this is all old news.

And is it our differences that make our lives interesting? The most interesting thing my life experience has taught me is that we're really all the same. We all want to be loved. We all need hope. We all hope to be listened to.

I don't know if that's a blog or a Twitter. I do believe it's the truth.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Sharing times with your community

UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl



In times of disaster, we see communities pull together, as demonstrated with the Cougar helicopter crash off St. John's, the Bathurst basketball tragedy and the military deaths in Afghanistan.

These tragic moments bring us closer together and help us find our community.

My fiancé is from a small community south of St. John's. Every time I visit, my heart pings with envy for the strong community in which they live.

Living in Halifax, I have found it hard, as I come from Ontario, to make those kinds of connections. But I'm not giving up. I make friends and acquaintances whenever I can because I know someday I'll

need those individuals to be there for me, just as I hope to one day be there for them.

Which brings about two questions: Where do people go to find community? And have we stopped searching for it?

A community doesn't have to be comprised of neighbours and relatives, it can be the people with which you share a passion.

However, we have to do the hard things, too, not just the easy things. It is more important than ever

to make the effort to get outside the walls of our homes and get involved with the people in our community.

Start small.

Whatever it is you decide to do, remember to share the good times as well as the bad with your community, and not only will you feel supported when you need it, it will, too.

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.



MICHAEL DE ADRIER

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number - street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Earth Hour 2009

More than 1,850 cities, towns and municipalities in 81 countries have made commitments to take part in Earth Hour 2009. For more, visit www.earthhour.org. **METRO NEWS SERVICES**

7

Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

How to mark Earth Hour

Here are some ways you can observe Earth Hour: Go outside and look at the stars; gather your family or friends for a candle-lit dinner; have an acoustic music jam; make a list of ways you could reduce your energy consumption every hour of every day. For more ideas, see www.earthhour.org/25_ways_to_mark_earth_hour_2009.cfm. **METRO NEWS SERVICES**

It's more than just turning off lights

Canada and the rest of the world prepare for third annual Earth Hour

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

Earth Hour 2009 is almost upon us. What will you be doing and, more importantly, why are you doing it?

On Saturday, March 28, between 8:30 and 9:30 p.m., we are asked to turn off all non-essential lights and other power-using devices for the third annual

Earth Hour event.

Earth Hour started in 2007 in Sydney, Australia. By last year, other countries had jumped on the bandwagon including Canada, where more than 150 cities signed up to participate, which is one of the highest participation rates in the world. The Toronto skyline dimmed noticeably and hydro usage dropped 8.7 per cent. In Ottawa, they showed a four per cent decrease in hydro usage. In Halifax, the McDonald Bridge, city hall and Grand Parade Square all went dark.

This year, Earth Hour events are planned in many cities across Canada. These events include a

free concert and stargazing in Grand Parade square with telescopes available for use and free beverages (bring your own reusable mug). For more information about these and other events, go to www.earthhour.org.

This year, Canada looks poised to outdo its 2008 performance with more than 200 cities already signed up to participate. Canada currently ranks No. 1 in the world in terms of cities signed up for Earth Hour with 208 cities. We are followed by Greece (185) and Australia (172). Lights on major landmarks will be dimmed as Canadians vote with their light switches to show that cli-

EarthHour

mate change is important to us.

Speaking of voting, we find it ironic that Canada has more cities than any other country signed up for Earth Hour, however, our government's policy on global warming is lukewarm at best. We have backpedalled on our ratification of the Kyoto Protocol and now with a new forward thinking adminis-

tration in the U.S. we face the prospect of trailing behind even that traditional digger-in of heels on climate change, the U.S. of A.

We need to decide if we are serious about combating climate change. Are we just participating in Earth Hour for the "cool" factor because it's endorsed by celebrities, we like free concerts and lighting candles is fun anyway? Or are we willing to put resources into sustainable energy generation and into helping existing industries cut their carbon outputs?

Meeting our Kyoto obligations is not going to be painless. Are we willing to deal with the pain?

Most importantly, are we willing to tell Ottawa that in spite of all our economic woes, we still care about the environment and that we will not accept them turning their backs on it?

Or will we just turn the lights back on at 9:30 on March 28 and go about our lives?

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.

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Industrial \$56.04

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TODAY'S COUNTRY

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Iraqi businesswomen urged the government on Saturday to support them in their push for a greater share of the reconstruction business that is expected to flourish in Iraq now that the violence is subsiding. **REUTERS**

Business

COSTCO
WHOLESALE

Companies tackle labour bill

Starbucks, Costco Wholesale Corp. and Whole Foods Market are joining forces to propose alternatives to a bill that makes it easier for workers to unionize but is strongly opposed by U.S. corporations. The "card check" legislation would let workers form a union when a majority of employees sign authorization cards. That would change the current practice in which workers usually vote on unionizing. **REUTERS**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

LAW SUIT Washington Mutual Inc., the failed U.S. savings and loan company, has sued the Federal Deposit Insurance Corp. for well over \$13 billion US in connection with the loss of its banking operations, which was acquired by JPMor-

gan Chase & Co.

JEWELRY Italy's jewelry sector, the world's top exporter, will see more gloom this year with falling output and export sales, participants at a trade fair said on Saturday.

OIL Iraq will invite international companies to invest more than \$2.5 billion US in building a 150,000-barrel-per-day oil refinery in the southern province of Maysan, a senior local official said yesterday.

REUTERS



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Focus moves to fresh water

Resource on the wane: Forum

If water is now the kind of precious commodity that oil became in the 20th century, should delivery of clean water be the same sort of powerful political force as the environmental movement in an age of climate change?

And, in another sense of green, is there money to be made in a time of water scarcity?

The answer to both questions, according to environmental activists watching a global forum on water, is yes.

The weeklong meeting in Istanbul, Turkey, ended yesterday on International World Water Day, an annual event that focuses attention on sustainable man-

Did you know?

- More than one billion people lack access to clean water worldwide.

agement of fresh water.

What was clear at this year's World Water Forum was the notion that clean water supplies are waning due to a warming world.

And according to the World Health Organization, there is a high return on investment in clean-water projects: Every \$1 spent on water and sanitation can bring economic benefits averaging between \$7 and \$12.

REUTERS

Obama team predicts rebound

FORECAST The Obama administration is "incredibly confident" the U.S. economy will rebound within a year, a top adviser said yesterday before a critical week in efforts to flesh out and sell the president's re-

covery agenda.

"We will be seeing signs the economy is turning around," Christina Romer, head of the White House Council of Economic Advisers, told the Fox News Sunday program. **REUTERS**

The DAILY BUSINESS BUZZ

Infrastructure funding:

Nova Scotia municipalities are now able to apply for a share of \$32 million in funding for environmental, economic or community infrastructure projects under the communities component of the Building Canada Fund.

Businessman not running for office:

Jon Stanfield, a Truro businessman with family ties to Nova Scotia's Progressive Conservatives, says he won't run for the party in Truro-Bible Hill in the next election. He is president of Stanfield's Ltd. and a great nephew to former federal party leader Robert L. Stanfield.

Transportation workers say they're needed:

Transportation employees facing spring layoffs say the provincial government should be doing more to keep them working, especially with the amount of roadwork being planned.

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What's Happening on the Dartmouth Waterfront?

Thursday, March 26, 2009 | 5 PM to 8 PM
Alderney Landing Market

Many public organizations are involved in community projects throughout the downtown area and along the Dartmouth waterfront.

An **Open House** is being held to give the community an opportunity to find out more, including:

- Alderney 5 Geothermal Project
- Waterfront Development Corporation Ltd.
- (Harbourwalk Trail, Shubie Pedestrian Bridge, Mural Art Project)
- Shubenacadie Canal Commission
- Upcoming Events & Activities at Alderney Landing
- Downtown Dartmouth Business Commission
- HRM Regional Trails Program
- HRM by Design
- HRM Planning (downtown development projects and proposals)
- Highland Games and Scottish Festival
- NSCC Dartmouth Waterfront Campus

Come find out what's happening on the Dartmouth Waterfront! Everyone welcome!

For more information, contact WDCL: 422-5115, ext. 109, drisdelle@wdcl.ca or visit www.wdcl.ca

Monday, March 23, 2009

metronews.ca

metro

Anderson, Calve end season with medal haul

Jasey-Jay Anderson and Caroline Calve capped a big weekend for Canada at the final snowboard World Cup event of the season in Italy yesterday with gold and silver in the men's and women's parallel giant slalom, respectively. **METRO NEWS SERVICES**

9

Sports

EDITOR: JOHN.CHICK@METRONWS.CA



Jennifer Jones keeps an eye on the Americans yesterday.

Canada tested at curling worlds

CURLING Jennifer Jones faced her first serious challenge yesterday at the world women's curling championship in South Korea. The Winnipeg skip overcame a shaky start to earn an 8-5 win over Liudmila Privivkova's Russia rink. Jones opened the day yesterday with a 10-3 thumping of Deb McCormick of the U.S., in a game that went just eight ends.

METRO NEWS SERVICES

SCOREBOARD

PBL			
ATLANTIC CONFERENCE			
	W	L	PCT
y-Manchester	16	4	.800
x-Vermont	13	6	.684
HALIFAX	10	8	.556
Quebec	4	13	.235
Montreal	3	11	.214
CENTRAL CONFERENCE			
	W	L	PCT
y-Battle Creek	16	2	.889
Detroit	6	12	.333
Chicago	6	12	.333
Mid-Michigan	2	11	.154
ATLANTIC CONFERENCE			
	W	L	PCT
x-Rochester	14	3	.824
x-Wilmington	13	5	.722
Augusta	10	10	.500
Buffalo	1	17	.056
x-clinched playoff spot			
y-clinched wild-card berth			
SATURDAY'S GAME			
Montreal at Halifax, 7 p.m.			
SUNDAY'S GAME			
Montreal at Halifax, 2 p.m.			
NHL			
YESTERDAY'S RESULTS			
Minnesota 3 Edmonton 0			
Ottawa 2 N.Y. Rangers 1			
Boston 4 New Jersey 1			
Chicago 4 Los Angeles 1			
Philadelphia 3 Pittsburgh 1			
Phoenix at Anaheim			
Colorado at San Jose			
NBA			
YESTERDAY'S RESULTS			
Toronto 101 L.A. Clippers 76			
Cleveland 102 Atlanta 96			
Houston 87 San Antonio 85			
Miami 101 Detroit 96			
New Orleans 99 Golden State 89			
Oklahoma City 97 Minnesota 90			
Philadelphia at Sacramento			
NCAA			
MEN'S BASKETBALL TOURNAMENT			
YESTERDAY'S RESULTS			
Xavier 60 Wisconsin 49			
Pittsburgh 84 Oklahoma State 76			
Syracuse 76 Arizona State 67			
Arizona 71 Cleveland State 57			
Louisville 79 Siena 72			
Kansas 60 Dayton 43			
Michigan State 74 Southern California 69			
Missouri 83 Marquette 79			

Bruins clinch Northeast

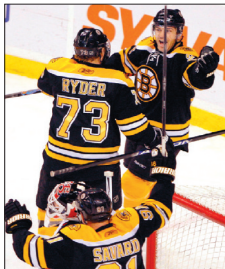
NHL RESULT

Bruins 4, Devils 1

Michael Ryder and Marc Savard each posted a goal and one assist, as the Bruins clinched the Northeast Division title with a 4-1 victory over New Jersey in Boston yesterday.

Chuck Kobasew and Milan Lucic also scored for the Bruins, who last won a division crown in 2004 and also opened up a five-point lead over the Devils for the top spot in the Eastern Conference with 102 points but don't play again until next Saturday at Toronto.

Tim Thomas picked up



Boston's Mark Recchi, top, is congratulated by teammates Michael Ryder and Marc Savard after scoring yesterday.

the win by making 41 saves.

"I think what happened

tonight is something, definitely not everything. It was certainly something where we took a step in the right direction," said Bruins head coach Claude Julien. "We found a way to win that. There's still nine games left. Jersey has some games in hand and they're playing extremely well."

Martin Brodeur took the loss, just his second since returning from injury in late February, allowing all four goals on 30 shots.

The Bruins played the third period on their heels, outshot by the Devils by a 17-3 margin, but Thomas stopped every shot which came his way to lock up the win.

METRO NEWS SERVICES

Rautins sparks Syracuse into Sweet 16

NCAA Eric Devendorf scored 21 points and Canadian Andy Rautins added 17, as Syracuse advanced to the Sweet 16 of the NCAA Tournament with a 78-67 victory over Arizona State at American Airlines Arena.

Rick Jackson chipped in 13 points and Jonny Flynn contributed 11 points with seven assists for the Orange (28-9), who are seeded third in the South Region and will play Oklahoma in the regional semifinals on Friday in Memphis.

Arizona State trailed by as many as 15 in the second half, but Abbott hit a pair of three-pointers to fuel a 15-4 run.

The sec-

ond of those pulled the Sun Devils within 61-57 with 6 1/2

minutes remaining.

Rautins, the son of Canadian men's coach and Toronto Raptors broadcaster Leo Rautins, answered with a three-pointer for the Orange and, after two ASU free throws, Devendorf drained two from beyond the arc to give Syracuse a 70-59 edge with just over four minutes to play.

"Eric and I, we didn't shoot the ball well last game," said Rautins.

"We came out and were stroking it well today. That's

what good shooters do, they bounce back and they stay confident."

Syracuse broke open a close game early with a 15-5 run. Devendorf ignited the burst with a three-pointer for a 14-10 edge and Rautins canned a pair from outside the arc to cap the surge, giving the Orange a 26-15 lead with 6:42 remaining in the half.

METRO NEWS SERVICES

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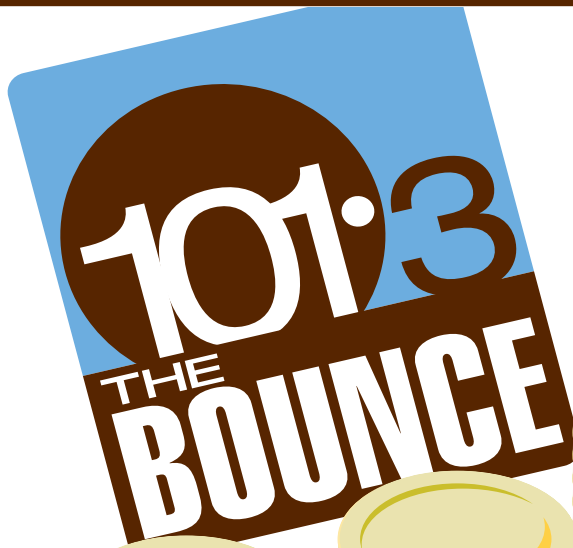
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Monday, March 23, 2009

12 sports

The host St. Francis Xavier X-Women placed fifth at the Canadian Interuniversity Sport hockey championship yesterday in Antigonish. The McGill Martlets won their second straight title, beating the Wilfrid Laurier Golden Hawks 3-1 in the final. **METRO HALIFAX**

Rainmen out of the running

Loss to Millrats ends playoff hopes

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Rainmen's goal of hoisting a championship banner this year has fallen well short of the mark.

The Rainmen, a team loaded with all-star calibre talent, were eliminated from the Premier Basketball League playoff race yesterday with a 118-105 loss to the Atlantic Conference-leading Manchester Millrats at the Metro Centre.

The Rainmen, 10-9, had hoped to take the PBL by storm after dropping out of the American Basketball Association last March. They had gone 12-20 in their inaugural season.

"We have to hold our head up, everybody in Halifax," said Rainmen forward Eric Crookshank. "Last year, it was a horrible league, we didn't win many games, and we never beat Manchester or (the) Vermont (Frost Heaves). This year, we did some good things, showed some good things."

With a crowd of 3,743 looking on — the fourth highest in franchise history — the Rainmen built a solid 61-52 lead at half-time with countless alley-oops and dunks.

But that lead fell apart in the second half, as the Millrats took over the game with a 35-20 run in the third quarter and finished

with a 22-point edge in the final 24 minutes.

The Millrats, playing without top scorer Desmond Ferguson, turned to Marlowe Currie, who had too many open looks and went 7-of-9 from three-point range for 30 points.

Crookshank said the Rainmen "slacked off on" their defence and already had a W chalked up in their heads.

"We got overconfident in the second half," Crookshank admitted. "A lot of guys thought the game was over already and it wasn't. I'm not saying it was me, I'm not saying it was other people, but you could tell in our body language."

"We thought that little lead we had was the end of the game, and that's a great team that will fight to the end."

Tony Bennett finished with 21 points for Halifax, while A.J. Millien added 19. Crookshank posted a 15-point, 14-rebound double-double and also had five assists. Reggie George hit for 16 points in his debut at the Metro Centre.

As it turned out, a win wouldn't have mattered, as the Wilmington Sea Dawgs' 110-91 win over the Detroit Panthers later that night would have sealed Halifax's fate anyway.

The Rainmen wrap up their season next weekend with back-to-back games against the Montreal Sasquatch.



Halifax Rainmen forward AJ Millien dunks the ball during the second half of yesterday afternoon's PBL game against the Manchester Millrats at the Metro Centre. Millien scored 19 points in the loss as the Rainmen fell to the Millrats 118-105.

QMJHL playoffs get underway

QMJHL Former Dartmouth Subways forward Michael Kirkpatrick was among the opening-weekend scoring stars as the QMJHL playoffs got underway on Friday and Saturday.

Kirkpatrick had two goals and two assists but his Saint John Sea Dogs dropped a pair of games to the Cape Breton Screaming Eagles in the best-of-seven first round.

The Moncton Wildcats have jumped out to a 2-0 series lead over the P.E.I. Rocket in the other All-Atlantic Division matchup, while Drummondville, Shawinigan, Quebec, Rimouski and Gatineau are also halfway to first-round sweeps.

Montreal and Rouyn-Noranda are tied 1-1.

METRO HALIFAX

Wheelchair curling championship starts

CURLING The Canadian wheelchair curling championship opens today in Lower Sackville, with 10 teams from across the country participating. Enfield's Mike Fitzgerald of the host Lakeshore Curling Club represents Nova Scotia, while Dartmouth's Richard Brown enters as the host rink. Action begins at 4 p.m.

METRO HALIFAX

Liverpool closes gap on Man U

SOCCER Steven Gerrard scored a hat-trick as Liverpool maintained their stunning recent form by crushing Aston Villa 5-0 at Anfield on Sunday to close the gap on English Premier League leaders Manchester United to just one point. Two of Gerrard's goals came from penalties, with Dirk Kuyt and Albert Riera adding the others as Liverpool, who beat Manchester United 4-1 last weekend, ensured the title race remained wide open. Liverpool, who last won the title in 1990 and seemed out of contention a few weeks ago, moved one point behind United, who lost 2-0 at Fulham on Saturday but have a match in hand. Chelsea, beaten 1-0 at Tottenham Hotspur on Saturday, slipped back to third. Arsenal, 3-1 winners at Newcastle United on Saturday are fourth on 55 points while Villa, who have now gone eight matches without a win in all competitions, remain in fifth with their Champions League hopes diminishing.

REUTERS

World Cup Dartmouth boarder takes bronze



Dartmouth's Sarah Conrad poses after winning bronze in the half-pipe in the final World Cup snowboard event of the season in Valmalenco, Italy, on Saturday. It marked the 24-year-old Olympian's second career World Cup podium finish, adding to a silver medal she captured last March in Stoneham, Que.

Rainmen castoff makes playoffs with new team

BASKETBALL The Halifax Rainmen might not be going to the Premier Basketball League playoffs, but a former fan favourite is.

Kadiri Richard, a popular member of the Rainmen's inaugural roster in 2007-08, has helped the Wilmington Sea Dawgs qualify for the PBL post-season. The Sea Dawgs edged the Rainmen out for the final wildcard spot yesterday.

Richard, one of the best shot-blockers in minor-league basketball, was released by the Rainmen in the off-season. Despite pleas from a pocket of fans, owner Andre Levingston said he wanted to find a more multi-dimensional replacement.

Richard continues to stay in contact with his former teammates in Halifax, particularly Eric Crookshank. "We're best friends,"

Crookshank said. "He's my buddy. We do a lot of trash talking. I wish we could have met up in the wild-card (game). I would have dunked on him."

Richard averaged 3.1 blocks per game for Halifax last season along with 21.7 minutes, 4.7 points and 5.5 rebounds. This season, Richard is third in the PBL with 2.3 blocks per game and averages 21.9 minutes, 5.9 points and 6.8 rebounds.

Crookshank said having a close friend in the playoffs is the next-best thing to being in the playoffs himself.

"Kadiri told me, if we in the playoffs, you in the playoffs," the 30-year-old said. "I get excited when he has eight points, seven blocks. It's like we're sharing emotions."

**MATTHEW WUEST/
METRO HALIFAX**

Ocean research at uVic

The recently announced University of Victoria-based Oceans Network Canada Centre for Enterprise and Engagement will manage two highly sophisticated underwater laboratories, which will improve the ability to plan for and respond to sea-based disasters. **METRO NEWS SERVICES**

13

Workology



Cage-free eggs at Brock

Brock University in Ontario's Niagara region has become the 12th post-secondary institution in Canada to adopt a cage-free egg purchasing policy. Brock announced its decision Wednesday, saying it is committed to serving 100 percent cage-free eggs in all campus food facilities.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Four Olympics and counting

OddJobs

Diane Peters



Architecture critics marvel at the look of the new Richmond Olympic Oval. But the speedskaters who whip around the corners and look up at the clock to check their time only care about one thing: The ice.

And that's the responsibility of Mark Messer. He's the chief plant manager and ice and facility specialist for the Olympic Oval in Calgary, and is helping out at the new B.C. venue too.

The 48-year-old helped design some of the technical aspects of the new facility and will monitor the ice during next year's Olympics. It'll be his fourth Olympics — he spent 40 days straight in Turin in 2006.

Originally from Saskatchewan, Messer grew up in Calgary a mechanically minded kid. He

did an apprenticeship as a heavy-duty mechanic but got laid off from his job in 1982 when the construction market dried up.

He got hired by the Saddledome when it opened in 1983 and learned on the job how to make ice for the Calgary Flames. He went to the Olympic Oval when it opened in 1987 and learned about speedskating.

Over the years, he took courses on refrigeration and ice-making equipment. Five years ago, he got promoted into his current position.

"To be good at this job, you have to have an open mind, be creative and open to new things," says Messer. He's questioned some traditional ice-making techniques and his experiments have led to numerous new ways to make fast, clean, smooth ice for both speedskaters and hockey players (his facility has a long-track oval and two international size rinks for hockey and short track skating).

He's learned, for instance, that highly purified water works best for long track skating, while water with minerals and impurities left in it leads to better short track skating.

These days, his job entails monitoring the ice by looking at computer reports from under-the-ice sensors, by checking it



If you want to know about ice, ice specialist Mark Messer is the man to see.

personally and talking to skaters and coaches. He adjusts the humidity in the building and works with his ice maintenance staff to achieve a smooth, fast surface.

He drives a Zamboni himself at least a few times a week, more lately in Richmond as he's been training staff there.

While he's an expert on

ovals and loves being around speedskaters who strive to be the best, he's

not a racer himself. He's more of a hockey guy and plays once a week.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Ice specialist

Education/training: On-the-job learning, plus courses in refrigeration and building operations

Best Part of the Job: "When you see the joy in the athlete's faces when they get a personal best time or a world record and it's on our ice, the ice we made to get them there."

Worst Part of the Job: "The hours. I sometimes work 6 a.m. until midnight, and I'm always on call. I've got a family and I'm more and more away from home right now."



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An article in the recent issue of Planning for Higher Education examines how today's students — Millennials — are influencing campus design. Millennials' comfort level with technology and team-oriented nature are fuelling the need for multipurpose space for group activities. **METRO NEWS SERVICES**

Companies inundated with resumés

Today's economy is fuelling record activity in job search. In January, CareerBuilder.com had 25.7 million unique visitors come to the site, the highest in company history. The average number of applications to jobs on the site over the last three months increased 25 per cent compared to last year.

In a recent wide-scale survey, CareerBuilder.com found that the vast majority of human resources managers (78 per cent) reported at least half of the resumés they receive from various recruitment

resources are from unqualified candidates.

Nearly one-in-four human resources managers said they receive, on average, more than 75 resumés for each open position; 42 per cent receive more than 50 resumés.

Thirty-eight per cent of human resources managers report they spend one to two minutes reviewing a new application; 17 per cent spend less than one minute.

Compiled here are some tips from Rosemary Haefner, vice-president of human resources at Careerbuilder.com:

- Human resources managers serve on the front lines of a company's recruitment efforts and are often the gatekeepers of the interview process. Because they can receive a large volume of applications, you may only have a matter of seconds to make a lasting impression.

- You should always have a current resumé and portfolio ready to go because you never know what the next day will bring whether it's a weak or healthy economy.

- Fifty-one per cent of human resources managers reported they use an applicant-tracking systems to screen and manage their resumés. It's important to incorporate keywords from the job posting into your resumé because it will increase your chances of appearing near the top of the employer's ranking of the most relevant candidates.

- Many workers, especially those operating in



Because many people will be applying for any and all job openings, make sure your resumé will stand out from the rest.

industries that have experienced mass layoffs, are looking to new industries and professions to find opportunities. In these cases, your best option

may be a functional resumé, which lists experience by skill categories rather than chronologically.

- If you're a recent col-

lege graduate, make sure to include volunteer work on your resumé as most employers consider this to be relevant experience.

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Regular Full-time Position. Competition # AC-2009-034B

The Guysborough Antigonish Strait Health Authority (GASHA) requires the services of a regular full-time Child Psychologist. This position is based at the Strait Richmond Hospital, Evanston, Nova Scotia.

POSITION SUMMARY: The psychologist, working as part of an inter-disciplinary team, has the primary responsibility of providing evidence based therapeutic interventions for assigned clients. Reports to the Manager of Child, Youth and Family Program. Works closely with facility manager if located at community site.

QUALIFICATIONS: Master's level in psychology (PhD considered), with two (2) years experience within Mental Health Services. Supervisory, teaching, and/or community experience an asset. Skills and abilities in a broad range of therapeutic interventions. Such as group therapy and family therapy would be an asset. Ability to work in both facility and community settings. An equivalent combination of education and experience may be considered for this position.

REQUIREMENTS: Understands and works within the mission and values of the Guysborough Antigonish Strait Health Authority and Department of Mental Health Services. Adheres to the professional association's scope of practice and standards. Continues in professional growth and assists with orientation and education of students and other professionals. Participates in the planning and implementation of effective psychology practice within Mental Health Services. Maintains confidentiality as per scope of practice and DHA policy. Has the ability to work in both institutional and community based settings. Participates in the strengthening of Mental Health Services via strategic planning process. Knowledge of mental health issues in a child and youth population. Excellent written and oral communication skills. Demonstrated ability to work as a member of an inter-disciplinary team. Non-violent crisis intervention or willingness to obtain same. Good attendance and work record. Valid Drivers license and access to a reliable car. Up-to-date Criminal Record Check and Child Abuse Registry.

The successful applicant will have a commitment to the mission and values of the Guysborough Antigonish Strait Health Authority. Only those applicants granted an interview will be contacted. Prior to a final job offer, a criminal record check, will be required of all new employees of GASHA.

Please submit applications to: Helen Muir, Human Resources Coordinator, Guysborough Antigonish Strait Health Authority, 25 Bay Street, Antigonish, N.S. B2G 2G5 Telephone: (902) 867-4429; Fax: (902) 863-6455 or Email: humanresources@gasha.nshealth.ca

Applications to be submitted by: April 6, 2009

BULLYING IN THE WORKPLACE



BULLYING IN THE WORKPLACE: Half-Day Workshop Facilitated by Carla Anglehart

This workshop provides strategies for addressing this serious issue that is affecting workplace cultures in many employment industries.

Participants will gain an understanding of what bullying is (and isn't); the types of bullying; the characteristics of bullying behaviour; and the impact on individuals and teams.

The Facilitator, Carla Anglehart, is a dynamic speaker and educator. She is well known for her sessions on Leadership, Change Management, and Team Building.



Monday, May 4
9:00 a.m. – 12:00 p.m.
Bedford Professional Centre
2 Dartmouth Road, Bedford

Workshop Fee:
\$200 + HST member
\$250 + HST non-member

Call Lisa at 832-8500 ext.274 to register, or for more information.
Registration deadline is April 24 | www.nsaho.ns.ca

Care for your Future!



Why care today?

Nova Scotia is currently approaching a **critical need for staff** in the field of Healthcare. With an aging population, the need will only increase. With the ever increasing demand comes opportunity for people to join the Healthcare field as **Continuing Care Assistants (CCA)**. *In difficult economic times, there is a career choice with a secure and stable future.*

A CCA is an individual who provides personal care and support services to individuals of all ages in a variety of practice settings for the purpose of promoting healthy and independent living. This unique opportunity allows you to make a difference to those who need ongoing assistance in the comfort of their homes, nursing homes or hospitals.

Your caring future

Continuing Care Assistants are employed in **home support and long term care settings as well as in some hospitals**. CCAs are crucial to the Continuing Care sector. *This is your chance to choose a career where every day brings a different challenge and offers rewards that are truly gratifying.*

Opportunity to care

A **Bursary of up to \$4000 is currently being offered** by the Nova Scotia Department of Health (DOH), Continuing Care Branch, **to aid you with your tuition cost for study in an approved CCA program**. These bursaries are available through licensed nursing homes, homes for the aged and approved home care agencies in Nova Scotia. See the list of participating organizations below.

Learning to care

Whether you are graduating high-school, increasing your skill set or returning to work, there is a program out there suited to your learning needs and lifestyle requirements. **Full time and part time traditional programs are being offered** for you to attain your CCA Certification. In addition, **alternative programs** which allow you to study and work are available in some areas.

"The best thing about becoming a CCA is the pleasure I get from helping my clients in their day to day activities - knowing I make a difference"
- Janet, CCA graduate 2008

**For employment,
education or bursary
information please contact
any of the facilities
listed below.**

**For general CCA information
visit www.novascotiacc.ca**



Long Term Care Facilities in the HRM

Halifax

Gem Health Care Group Ltd.
(902) 429.6227
• Glades Lodge Long Term Care Center
• Melville Gardens Long Term Care Center
• Melville Lodge Long Term Care Center

Northwood Care Inc.
(902) 454.3369 ext. 3

Saint Vincent's Nursing Home
(902) 429.0550

Shannex
1.877.564.6749
• Arborstone Enhanced Care
• Maplestone Enhanced Care
• Parkstone Enhanced Care

Dartmouth

Oakwood Terrace
(902) 469.3702

Ocean View Manor
(902) 465.6020

Shannex
1.877.564.6749
• Bissett Court - Cole Harbour
• Glasgow Hall-Parkland at the Lakes

Beaverbank/Sackville

Scotia Nursing Homes Limited
(902) 865.6364

Middle Musquodoboit
Musquodoboit Home for Special Care
(902) 384.3007

Windsor

Dykeland Lodge
(902) 798.8346

Windsor Elms Village
(902) 798.2251

Eastern Shore

Duncan MacMillan Nursing Home
(902) 885.2545

The Birches Nursing Home
(902) 889.2271

Home Care Organizations in the HRM

Bayshore Home Health
(902) 425.3351

Comcare Health Services
(902) 453.0838

Northwood Homecare Limited
(902) 454.3369 ext. 3

Red Cross Home Support Services
(902) 496.0103

RJF HealthCare
(902) 425.4031

CCA Educators in the HRM

Centre for Health Studies
(902) 429.7373

Compu College
1.877.297.0777

**Nova Scotia
Community College**
1.866.679.6722

**GEM Health Group
Education Center**
(902) 479.1030

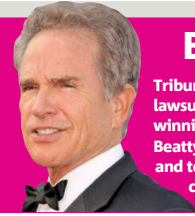
**RJF HealthCare
"Earn While You Learn"**
(902) 425.4031

**Shannex
Center for Excellence**
1.877.564.6749

www.novascotiacc.ca

After becoming the second contestant fired from this season's *Celebrity Apprentice*, Olympic champ Scott Hamilton announced this week he is returning to his day job: Ice skating. **PEOPLE.COM**

Entertainment



Beatty sued

Tribune Media Services has filed a lawsuit against Academy-award winning director and actor Warren Beatty to recover motion picture and television rights to comic strip character Dick Tracy. **REUTERS**

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

- 1 Knowing:**
\$24.8 million US
- 2 I Love You, Man:**
\$18 million
- 3 Duplicity:**
\$14.4 million
- 4 Race to Witch Mountain:**
\$13 million
- 5 Watchmen:**
\$6.7 million
- 6 The Last House on the Left:**
\$5.9 million
- 7 Taken:**
\$4.1 million
- 8 Slumdog Millionaire:**
\$2.7 million
- 9 Madea Goes to Jail:**
\$2.5 million
- 10 Coraline:**
\$2.1 million **REUTERS**

Making fun of the news

IAN JOHNSTON
for Metro Canada

Making fun of the news seems like a no-brainer. You need material? All you got to do is open a newspaper or switch on the TV.

But according to comic Colin Mochrie, it can be tricky sometimes.

"I remember after 9-11, for a long time it was hard to come up with a funny angle on that particular news item," says Mochrie, who was a cast member on *This Hour Has 22 Minutes* from 2001 until 2003. "We eventually did by focusing on the hysteria that resulted afterward."

"It was an odd time. I remember doing an improv tour, and you'd do a Bush joke and immediately lose

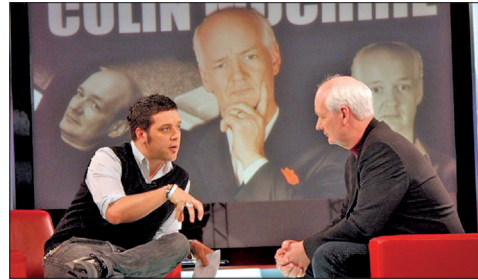
50 per cent of the audience. They'd boo."

Mochrie will return to the faux anchor desk this week as a guest on CBC's *The Hour*, delivering *The News*, the talk show's nightly look at the world of entertainment.

Comic Sean Cullen kicks off the guest anchoring tonight, followed by Mochrie (Tuesday), Gilson Lubin (Wednesday), and Nikki Payne (Thursday).

"We just thought it would be fun," says *The Hour* host George Stroumboulopoulos.

"One of the things we do on our show is make sure Canadian talent has a home. We only have two interview spots, so we thought — how can we get them on the show? Hey — let's get them to do the *The*



The Hour's George Stroumboulopoulos with Colin Mochrie.

News. Do what I do."

Stroumboulopoulos says his talk show, which combines interviews with headlines and commentary, can be funny. But don't go mistaking it for a comedy show.

"We can do observation, we can point out the obvious, we can make jokes, or

provide a nuanced look at something. But we're not a comedy show. But in there, if the audience finds something funny, that's great."

The host says he likes to change things up on his show and looks forward to what the comics bring to the table.

"We have our writers,

"We just thought it would be fun."

The Hour's George Stroumboulopoulos

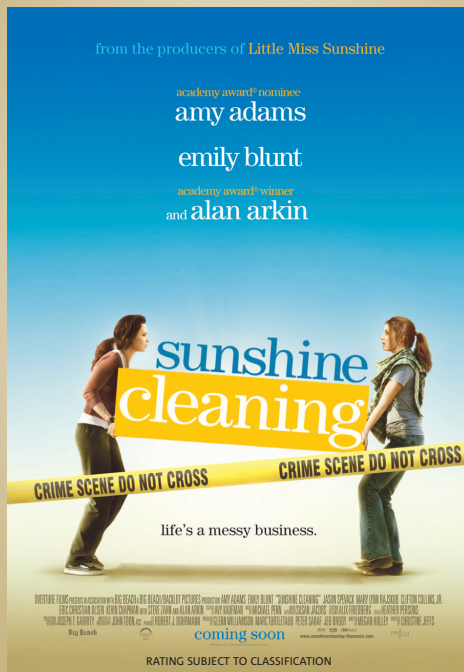
but they'll bring whatever they bring. We'll work on it with them. But no one needs to tell Sean Cullen or Colin Mochrie what to do."

Mochrie can't see himself doing nightly commentary on a show like *The Hour* or *The Daily Show* with Jon Stewart.

"It's certainly a good way to get your point across," he says. "But it sounds like work to me. I'm lazy. I'd get on the computer to write and get distracted by solitaire."

The Hour airs Monday-Friday at 11 p.m. on CBC.

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AN
ADVANCE
SCREENING
OF
*sunshine
cleaning*



IN THEATRES APRIL 3

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No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes March 25, 2009. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.



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FOR YOUR CHANCE TO WIN!

Watch the Genie Awards on Global and IFC, Saturday April 4.



No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes April 9, 2009 at 11:59 pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

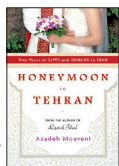


Progressive side of Iran

Honeymoon in Tehran

Author: Azadeh Moaveni
Publisher: Random House
Price: \$30 (Hardcover)

In this intimate memoir, journalist Azadeh Moaveni presents two very different faces of Iran. On the surface, she sees the fundamentalism in the stern ascension of President Mahmoud Ahmadinejad. But through her reporting, she meets a host of characters representing a progressive Iran, that express views against the country's off-stereotyped class divisions. In a country she only meant to work in, Moaveni finds love, marriage and a family before being presented with whether to stay in a varying Iran or leave to protect her loved ones.



BookPicks

The Vagrants

Author: Yiyun Li
Publisher: Random House
Price: \$28 (Hardcover)

In *The Vagrants*, Gu Shan rocks her native Chinese town Muddy Waters. The young woman has protested against Communism in the country during the late 1970s, a time when defecation equalled death. As she appears centered in a stadium awaiting execution, the onlookers who had a connection to her recall their own impressions of Shan. Through her parents and individuals she's affected in her counter-revolutionary actions, like Nini — born crippled after Shan kicked her pregnant mother's stomach, a picture of Shan and the reflection of individual corruption on a society are conceived.

BRIAN COULTON/
 FOR METRO CANADA

Reality TV star Goody dies of cancer

CELEBRITY Jade Goody, a one-time dental assistant whose final days were as closely chronicled in the media as her controversial appearances on reality television, died of cervical cancer yesterday.



Jade Goody

The 27-year-old mother of two, who married her boyfriend in a televised ceremony only last month, died in her sleep at her home in Essex, southeast England.

"Jade died at 3:55 a.m. this morning," her tearful mother Jackie Budden told reporters yesterday.

"Family and friends would like privacy at last." Even Prime Minister Gordon Brown, who had commented on her illness, joined the tributes that poured in after her death, saying his thoughts went out to her family.

Goody shot to fame in 2002 after appearing in *Big Brother*.

REUTERS

We Play Anything.
KOOL 96.5 FM
Bug'd

Identify the location of the hidden microphone & claim the cash!

Listen weekdays at 8:00, noon and 5:00 for your chance to guess where the microphone is located!

Each incorrect guess brings the jackpot up another \$96.50.

That brings the jackpot up to almost \$1500 in a week!

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/23/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Dancing With the Stars Celebrities compete.			Castle
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Dancing With the Stars Celebrities compete.			Castle
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Comedy Fest	Comedy Fest.	CBC News: The National	The Hour
	2	2	2	CBC-F	Terre humaine	Pyramid (SC)	Virginie (SC)	La Petite vie	L'Auberge du chien noir (SC)	Les Boys (SC)	Tout sur moi	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th	How I Met	Two/Half Men	Engagement
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags (SC)	Star Académie:	Annie et ses hommes (N) (SC)	Dr. House (HDTV) (SC)	24 (HDTV PA) (N)	TVA 22 heures
	6	6	6	CHFF	Entertainment	ET Canada	Heroes "Cold Snap" (N)	House "Joy" (HDTV)	House "Joy" (HDTV)	24 (HDTV PA) (N)	News (N)	News (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV) (N)	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	News (N)
	10	10	10	ELTV	EastLink Mag.	Fishing	Harv's Sportsland (Live)	Incl. Revolution	Harv's Sportsland	24 (HDTV PA) (N)	EastLink Television	
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House "Joy" (HDTV)	Chuck (HDTV) (N)	24 (HDTV PA) (N)	Fox First
news	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Chuck (HDTV) (N)	Heroes "Cold Snap" (N)	Medium	Medium
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	Forced-Marry	Forced-Marry
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow	Antiques Roadshow	Except for Six	Flash Point	Flash Point
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow	Antiques Roadshow	Except for Six	Flash Point	Flash Point
	68	68	68	TQS	Drôle	450 chemin	Loft Story	C'Une joke	Money Talks	Business News	Squeeze Play	Market Call
	23	23	23	BNN	Business News	Headline	Market Call	Berman's Call	Campbell Brown: No Bias	Larry King Live (N)	Lessons	Lessons
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight	Learning	Lessons	The Golf Fix	Honey Project	Sportsnet	Sportsnet
	54	54	54	GOLF	Sportsnet Connected	Overline	Billiards: U.S. Open Nine-Ball	World Sport	World Sport	(10:15) WWE Monday Night Raw	SuperCars	SuperCars
	55	55	55	SCOR	Hockey Talk	Game On	Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	Auctions
	45	45	45	SPD	Unique Whips	Off the Record	SportsCentre	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place
family	53	53	53	TSN	Off the Record	SportsCentre	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School
	43	43	43	FAM	Zoe 101	Life Derek	Ben 10	Johnny Test	Big & Small	Carly	CSI: Miami (HDTV)	Notre Peuple
	44	44	44	TOON	Ben 10	Johnny Test	Big & Small	Carly	CSI: Miami (HDTV)	Notre Peuple	Access	Access
	26	26	26	TREE	Wonder Pets	Big & Small	Carly	CSI: Miami (HDTV)	Notre Peuple	Access	Access	Access
	27	27	27	TVT	Drake & Josh	iCarly	CSI: Miami (HDTV)	Notre Peuple	Access	Access	Access	Access
	16	16	16	A&E	Cold Case Files	Notre Peuple	Access	Access	Access	Access	Access	Access
	70	70	70	APTN	News (N)	106 & Park: BET's Top 10 Live	Street Legal	Dedicated	Laughs	Comedy Now	W-FIVE	Canada's Worst Handyman
	50	50	50	BET	106 & Park: BET's Top 10 Live	Street Legal	Dedicated	Laughs	Comedy Now	W-FIVE	Canada's Worst Handyman	Holmes on Homes
	37	37	37	BRVO	Street Legal	Dedicated	Laughs	Comedy Now	W-FIVE	Canada's Worst Handyman	Holmes on Homes	Sinking an Aircraft Carrier
	25	25	25	CMT	Dedicated	Laughs	Comedy Now	W-FIVE	Canada's Worst Handyman	Holmes on Homes	Sinking an Aircraft Carrier	Shot at Love-Tila Tequila
cable variety	49	49	49	COM	Laughs	Comedy Now	W-FIVE	Canada's Worst Handyman	Holmes on Homes	Sinking an Aircraft Carrier	Shot at Love-Tila Tequila	MusicProfile
	153	153	153	COURT	W-FIVE	Canada's Worst Handyman	Holmes on Homes	Sinking an Aircraft Carrier	Shot at Love-Tila Tequila	MusicProfile	mmmtop10.com	201 201 201 M1
	19	19	19	MMM	MusicProfile	mmmtop10.com	201 201 201 M1	American Gladiators	Seinfeld	Friends	House-Payne	House-Payne
	201	201	201	M1	American Gladiators	Seinfeld	Friends	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
	48	48	48	OLN	American Gladiators	Seinfeld	Friends	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
	206	206	206	PIX	(G) The Song of Hiawatha	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct
	67	67	67	RDI	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct
	39	39	39	SHOW	Wife Swap	The Mom Show	Stargate SG-1	CSI: NY (HDTV)	etalk	Hollywood	Jon & Kate	Jon & Kate
	40	40	40	SLICE	The Mom Show	Stargate SG-1	CSI: NY (HDTV)	etalk	Hollywood	Jon & Kate	Jon & Kate	Jon & Kate

critics'corner

Saturday Night Divas

It's not Saturday night, and it's not October either. But breast cancer awareness shouldn't be confined to a single month. In this new special, several top female singers take the stage to support the battle against breast cancer. They include Celine Dion, Chaka Khan, Natasha Bedingfield, Alicia Keys and Girls Aloud. 10 PM on BRAVO



Sophie

Are they worried she won't be able to "forever hold her peace"? When Andre (Lyric Bent) invites Sophie (Natalie Brown) to his wedding to Kim (Rachael Crawford) in New York, Rick and Matt (Sebastian Spenney, Jeff Geddis) insist on accompanying her to make sure she doesn't do anything foolish. Back home, it's contract renewal time for Estelle (Sara Botsford) in the new episode "Wedding Bell Blues." 8:30 PM on CBC

Intervention

Sharon, a 51-year-old grandmother, is a creature of compulsions, an out-of-control shopaholic who has undergone numerous cosmetic surgeries to feel better about her appearance. She also is a self-harmer, bearing bruises on her thighs and stomach. Recently, Sharon felt compelled to drown one of her dogs (she didn't follow through on it), which leaves her daughter fearing for the safety of Sharon's granddaughter. 10 PM on A&E

101.3 THE BOUNCE
Interactive NINE 29

- For March 20th**
- Classified - Anybody Listening
 - Karl Wolf Ft Culture - Africa
 - Britney Spears - If You Seek Amy
 - All American Rejects - Gives You hell
 - Akon Ft Lil Wayne - I'm So Paid
 - Lady Gaga - Lovegame
 - Soulja Boy Ft Sammie - Kiss Me Thru The Phone
 - Eminem Ft 50 Cent & Dr. Dre - Crack A Bottle
 - Flo Rida - Right Round

WE WANT YOU!

You could guest host the Interactive NINE@9 with Special Ed. Email: special@1013thebounce.com





Jonas Brothers singer Joe Jonas may be facing flak over a photo showing him slanting his eyes in what some speculate is an attempt to mock Asians. Fellow Disney star Miley Cyrus drew anger over a similar photo earlier this year. **METRO WORLD NEWS**

Joe pulls a Miley

Celebrity Buzz

Sex tapes and the other woman?

PEOPLE Chris Brown cheated on Rihanna with a model, femalefirst.co.uk alleges.

The 19-year-old singer — who has been charged with felony assault and making criminal threats following his alleged assault of Rihanna last month — was having a relationship with 27-year-old model Natasha Ellie, the website says.

It has been claimed Natasha sent the three-page text message — initially reported to be from someone who Chris “had a previous sexual relationship with” — which sparked Chris and Rihanna’s argument, during which he allegedly punched, bit and choked the singer until she was unconscious.

A source said: “Rihanna has been having problems with this girl for a long time. Rihanna even reached out to Natasha, but she denied everything.”

Natasha may even have been mentioned in the lyrics to Rihanna’s song Emergency Room: “I was pickin’ up your clothes in the closet/ I was bout’ to throw your jeans in the washer/ ‘Til I saw a piece of paper

sayin’ ‘Tasha’/ I gotta say I found this a bit shockin’/ And some receipts here that say you went shoppin’/ You bought some Nike shoes/ But why you buyin’ stockings?/ Boy how could you lie to me?/ I thought you would die for me/ I’m not accepting another apology.”

The model’s representative has denied the model had a relationship with Chris, but confirmed the pair met in Miami two years ago.

Meanwhile, rumours are flying that Rihanna and Chris Brown made a sex tape, femalefirst.co.uk adds.

The pair are said to have filmed themselves engaging in a series of “kinky” acts.

A source told Star magazine: “Chris and Rihanna enjoy an aggressive love life that would shock many people. Rihanna loves dressing up — including as a dominatrix — and role playing. They both have kinky sides.”

The source added: “Rihanna has no issues with her sexuality. She can be really out there. But she’d be mortified if her friends and family found this out.”

“Rihanna isn’t always the little goody-two-shoes everyone thinks she is, and Chris doesn’t want or need another scandal.”

METRO NEWS SERVICES

Ford, Flockhart make it official

MARRIAGE Harrison Ford reportedly proposed to his girlfriend of seven years, Calista Flockhart, last month, according to People Magazine. Ford reportedly gave Flockhart a glitzy diamond engagement ring while on a family vacation with her son, Liam, over Valentine’s Day weekend.

It was previously reported that the couple recently filled paperwork for a marriage licence.



METRO WORLD NEWS

Madonna wears the pants?

DATING Madonna has banned her boyfriend from answering his phone in front of her, femalefirst.co.uk reports.

The 50-year-old singer argued with lover Jesus Luz, 22, after he took a call while she was in the same room, and has now restricted him to accepting emergency calls only.

A source said: “She just turned on him. She told him it was rude for him to take a phone call in front of her. He stood up for himself and they had quite a heated argument.”

“Madonna agreed to let him answer the mobile when she’s around, but only in emergencies.”

“His family claims they always know when he’s with her because they can’t get him on the phone. And it’s true. He’ll see his phone ringing and he just has to let it go.”

However, Madonna allows herself to chat away on her phone whenever she wants.

The source added to Britain’s Daily Mail newspaper: “If her phone rings and she wants to take the call, she’ll do it. This is not a relationship of equals.”

METRO NEWS SERVICES



GETTY IMAGES

Keira’s recession tip

SHOES Keira Knightley rents shoes to satisfy her footwear fetish, femalefirst.co.uk reports.

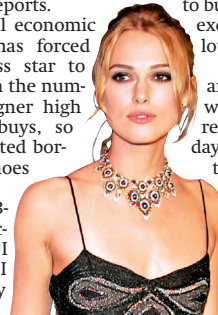
The global economic downturn has forced The Duchess star to cut down on the number of designer high heels she buys, so she has started borrowing shoes instead.

The 23-year-old actress said: “I think when I was very

young and I suddenly started earning a bit of money and I could actually afford to buy shoes, I got very excited and bought a lot. I mean a lot!

“I haven’t bought any in quite a while. Now I just rent them for the day. They give them to me for the day and I give them back in the evening, which is good.”

METRO NEWS SERVICES



Lindsay’s career revival not on top of Seth’s list

CAREER Seth Rogen is refusing to return Lindsay Lohan’s calls.

The 22-year-old is keen to revive her acting career by working with the Knocked Up actor, but is finding it hard to get in touch with him, femalefirst.co.uk reports.

She told Nylon magazine: “We’re trying to get Seth Rogen for this project, but Seth won’t call us back. So call us back, Seth, if you’re reading this!”

“I’m talking to lots of people. One is Sean Penn — I spoke to him again the other day.”

If she struggles to land any roles, Lindsay may pursue other avenues including modelling.

She said: “I love doing photo shoots. I mean, if I could just sign with an agency and do advertising campaigns and model more, I’d do that because that’s fun for me. That’s not work.”

METRO NEWS SERVICES



Paris’ fling hears wedding bells

SMITTEN Although they’ve only been dating for a month, The Hills star Doug Reinhardt is reportedly so keen on Paris Hilton that he plans on asking her to marry him.

“Doug is smitten with Paris and wants

to spend the rest of his life with her,” a source says, according to Germany’s Bild. “He’s already found the perfect ring, asked her father for permission and is now waiting for the right time to pop the question.”

METRO WORLD NEWS



Kelly’s struggle with painkillers

ADDICTION Kelly Osbourne says she would have died if she hadn’t gone to rehab, femalefirst.co.uk reports.

The TV star, who recently spent a month in a U.S. treatment facility, decided to seek help after her addiction to painkillers spiraled out of control.

She said: “I knew if I didn’t get

help, I would die. I’m getting a second chance at my career and I want to be present for it.”

Kelly — who is engaged to model Luke Worrall — checked in to an Oregon rehab centre in January, without disclosing

the reason for her stay. The 24-year-old star, who was previously treated for an addiction to painkillers in 2004 and 2005, claims she is now sober for the first time since she was a teenager.

She said: “I had my tonsils taken out when I was 13 and they gave me liquid Vicodin. I found, when I take this, people like me. I’m having fun, I’m not getting picked on. It became a confidence thing.”

METRO NEWS SERVICES



Congratulations to
The Chicken Burger
1531 Bedford Highway

for being chosen Metro’s Kooliest Burger, as voted by Metro readers and Kool96.5 FM listeners. Tune in next month to find out the next category of the best Halifax has to Offer!

metro's kooliest
The Best Halifax has to Offer

metro
Do it daily.

We Play Anything
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Today
3-5cm of snow
-2° / -4°

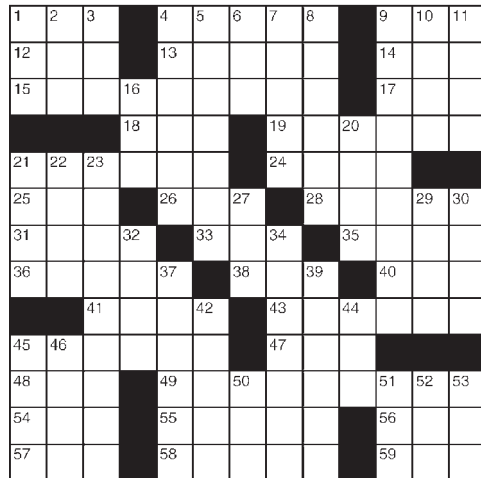
Tuesday
Light snow
1° / -4°

Wednesday
Variable
2° / -4°

BEAT THE COLD & FLU SEASON
Your Cold & Flu Report is available at www.theweathernetwork.com

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



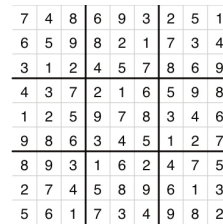
Crossword across

- | | | |
|-------------------------|---------------------------|----------------------------|
| 1 Some time — | open hand | 47 Heavy weight |
| 4 Aesopian story | 25 Brazilian resort | 48 Previous night |
| 9 Bribe | 26 Joke | 49 Card game for recluses? |
| 12 Violinist's need | 28 Lascivious | 54 In medias — |
| 13 Forcefully | 31 Right angles | 55 Foolish |
| 14 Mine output | 33 Poorly lit | 56 Conventional |
| 15 Lawyer, in the U.K. | 35 Wear out | 57 Wife's address |
| 17 Confederacy leader | 36 Cut corners | 58 Lukewarm |
| 18 Opposite of "trans." | 38 Talk and talk and talk | 59 Homer's neighbor |
| 19 Idea | 40 The Red or the Black | Flanders |
| 21 Missing | 41 Dweeby type | |
| 24 Hit with an | 43 Tenant | |
| | 45 Maine city | |

Crossword down

- | | |
|---------------------------------|------------------------------------|
| 1 Tummy muscles | 27 Showbiz job |
| 2 Sticky stuff | 29 Genealogy chart |
| 3 Pussycat's partner | 30 Calendar quota |
| 4 Up against | 32 Urban blight |
| 5 1839 mutiny site | 34 007's quaff |
| 6 Slugger's prop | 37 "Cheers" |
| 7 They have their pride | 39 Started a computer |
| 8 Sign up | 42 Danish money |
| 9 "Only the self exists" theory | 44 — rampage |
| 10 Sandwich cookie | 45 Shoulder of a road |
| 11 Hammerhead part | 46 State with certainty |
| 14 Capades locale | 50 Stander's loss |
| 20 Lacking slack | 51 Hostel |
| 21 War god | 52 Regret |
| 22 Swindle | 53 This clue's place, aptly enough |
| 23 Reliability | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- | | | | |
|--------------------|---------|-----------------|-----------------|
| Under 13 min | Genius | 17-21 min | Smart |
| 13-17 min | Scholar | 21-25 min | Not bad |
| | | 25+ min | Keep practising |

Metro Recipe of the Day



Skillet Chicken with Rosemary-Orange Sauce

CHICKEN INGREDIENTS:

- 2 tsp (10 ml) olive oil
- 4 skinless, boneless chicken breast halves
- 1/4 tsp (1 ml) salt

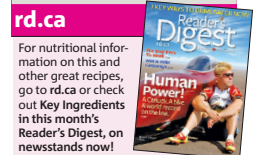
SAUCE INGREDIENTS:

- 2 shallots
- 1/4 tsp (1 ml) salt
- 1 1/2 tsp (7 ml) grated orange zest
- 1/2 tsp (2 ml) fresh rosemary, minced
- 1/4 tsp (1 ml) pepper
- 2/3 cup (150 ml) orange juice
- 1 tbsp (15 ml) orange marmalade
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) cornstarch

- blended with 1 tsp (15 ml) water
- METHOD:**
1. Heat oil in large skillet over medium heat. Sprinkle chicken with salt and cook until golden brown

- on one side, about 5 minutes. Turn chicken and cook until golden brown and cooked through, about 5 minutes. Transfer to plate and cover loosely with foil.
2. Add shallots to pan and cook, stirring, until light golden, about 3 minutes. Stir in salt, orange zest, rosemary, pepper, orange juice and marmalade and boil. Stir in lemon juice.
3. Stir in cornstarch mixture and cook, stirring, until sauce is slightly thickened, about 1 minute. Slice chicken and serve with sauce spooned on top.

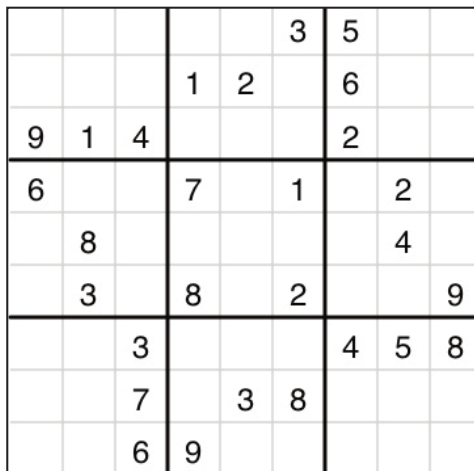
SERVES 4



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes

ARIES

MARCH 21-APRIL 20

Be proactive when dealing with a simple issue. Everybody can understand a definite decision. A bit of luck is followed by a move.

LIBRA

SEPT 23-OCT 23

A friendship develops with a spectator. Unexpected info causes the fulfillment of a dream. A swindler comes to your rescue.

TAURUS

APRIL 21-MAY 21

A big man wants to stay out of things. Solving a crime is up to you. A disappointed stranger gets in the way.

SCORPIO

OCT 24-NOV 22

Good plans are disrupted by smugness. A motivated person will be punished after an oversight. Speak softly and people will listen.

GEMINI

MAY 22-JUNE 21

Be flexible if offered different job duties. A younger friend in a bad mood is tiresome. Toss out stale ideas when dealing with the public.

SAGITTARIUS

NOV 23-DEC 21

Scout around to find some good luck. A loan will be repaid. Asking questions will lead you to greater awareness.

CANCER

JUNE 22-JULY 22

A miserable man seeks your help. Save money by buying a sale item. Don't be friendly to someone's little ogre.

CAPRICORN

DEC 22-JAN 20

Someone will turn heads at a meeting. Don't harass your relatives. Don't go to dangerous places.

LEO

JULY 23-AUG 23

You'll hear an astounding statement. A creative thinker rushes into a bad situation. Others are on your side if times get tough.

AQUARIUS

JAN 21-FEB 18

Act fast to make your mark. Do not complain about a stranger. Someone bores you with banal chatter.

VIRGO

AUG 24-SEPT 22

Your convictions determine what you get. A man comes to perk everyone up. An excuse is discovered to be a lie.

PISCES

FEB 19-MARCH 20

Respond quickly when someone is asking for help. Family problems will generate a guilty look. A woman needs to talk things out.

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This day in history

- MARCH 23, 1775: American Revolutionary War: Patrick Henry delivers his famous speech: "Give me liberty or give me death."
- MARCH 23, 1801: Tsar Paul I of Russia is struck with a sword, then strangled, and finally trampled to death in his bedroom.
- MARCH 23, 1919: In Milan, Italy, Benito Mussolini founds his Fascist political movement.
- MARCH 23, 1956: Pakistan becomes the first Islamic republic in the world.
- MARCH 23, 2001: The Russian Mir space station is disposed of, breaking up in the atmosphere before falling into the southern Pacific Ocean near Fiji.

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